



TRACK & FIELD

2017 Penn State Women's Outdoor Performance List

WOMEN'S 100-METER DASH

PSU: 11.21 - Connie Moore, (2003)

11.58 -1.3	Keianna Albury	Jun-23
11.86 +2.0	Quenee Dale	Apr-21
11.93 +0.5	Kiara Lester	Apr-21
11.99 +2.2	Tichina Rhodes	Apr-21
12.14 +2.2	Deja Davis	Apr-21
12.17 +2.2	Lauren Costa	Apr-21

WOMEN'S 200-METERS

PSU: 22.45 - Connie Moore, (2004)

Heptathlon: 23.56^w - Gayle Hunter, (2008)

23.33 +1.0	Keianna Albury	May-26
23.82 +1.0	Madeline Holmberg#	May-12
24.34 -0.6	Kiara Lester	May-13
24.69 -0.1	Deja Davis	May-13
24.96 -0.9	Tichina Rhodes	May-13
25.34 -1.1	Lauren Costa	Apr-15
25.41 -0.4	Quenee Dale	Mar-25
26.78 -1.0	Megan Osborne	Apr-15

WOMEN'S 400-METERS

PSU: 50.84 - Shana Cox, (2008)

54.74	Kiara Lester	May-13
54.99	Tichina Rhodes	May-13
56.87	Deja Davis	May-13
57.14	Frances Bull	Apr-15
59.92	Megan Osborne	Apr-15

WOMEN'S 800-METERS

PSU: 2:02.53 - Danae Rivers, (2017)

Heptathlon: 2:16.52 - Tal Ben-Artzi, (2015)

2:02.53	Danae Rivers	Apr-21
2:05.14	Rachel Banks	May-13
2:07.57	Frances Bull	May-13
2:07.76	Julie Kocjancic	Apr-21
2:12.46	Grace Trucilla	Apr-22
2:14.54	Nicole O'Donnell	Apr-15
2:23.39	Madeline Holmberg#	Apr-22
2:27.55	Cara Ulizio	May-5

WOMEN'S 1,500-METERS

PSU: 4:15.20 - Marta Klebe, (2014)

4:16.33	Danae Rivers	Mar-31
4:22.94	Julie Kocjancic	Apr-14
4:25.63	Tori Gerlach	Mar-25
4:25.81	Marissa Sheva	Apr-14
4:26.43	Jillian Hunsberger	Apr-14
4:28.18	Elizabeth Chikotas	Apr-22
4:30.57	Rachel Banks	Apr-22
4:33.36	Lisa Bennatan	Apr-14
4:33.78	Victoria Crawford	Apr-14
4:33.80	Natasha Fedkina	Apr-14
4:33.87	Kathryn Munks	Apr-14
4:35.41	Greta Lindsley	Mar-25
4:36.98	Grace Trucilla	Apr-8
4:40.56	Hannah Catalano	Apr-22
4:41.34	Noemie Noullet	Apr-22
4:48.34	Cara Ulizio	Apr-22

WOMEN'S 3,000-METER STEEPLECHASE

PSU: 9:32.35 - Bridget Franek, (2010)

9:46.76	Tori Gerlach	Jun-10
10:22.09	Greta Lindsley	May-13

WOMEN'S 3,000-METERS

PSU: 9:08.04 - Kathy Mills, (1978)

9:42.31	Elizabeth Chikotas	Apr-27
9:43.82	Lisa Bennatan	Apr-27
9:57.80	Marissa Sheva	Apr-27

WOMEN'S 5,000-METERS

PSU: 15:32.53 - Kathy Mills, (1978)

15:58.88	Tori Gerlach	Apr-22
16:01.59	Tessa Barrett	May-27
16:04.24	Jillian Hunsberger	Apr-22
16:28.57	Kathryn Munks	Mar-31
17:02.66	Elizabeth Chikotas	May-13
17:24.26	Noemie Noullet	Apr-14
17:51.51	Cara Ulizio	Apr-14

WOMEN'S 10,000-METERS

PSU: 32:57.53 - Kara Millhouse, (2012)

33:29.40	Jillian Hunsberger	Jun-8
34:05.28	Kathryn Munks	May-13

WOMEN'S 100-METER HURDLES

PSU: 12.85 - Aleesha Barber, (2010)

Heptathlon: 13.45 - Gayle Hunter, (2009)

13.70 +1.6	Madeline Holmberg#	May-12
13.77 +1.4	Quenee Dale	May-13

WOMEN'S 400-METER HURDLES

PSU: 55.57 - Fawn Dorr, (2010)

1:00.04	Rachael DeCecco	Apr-8
1:01.53	Elyse Skerpon	Apr-8

WOMEN'S 4X100-METER RELAY

PSU: 44.25 - Fox, Aduba, Shoaff, Moore, (2003)

44.77	Dale, Albury	May-27
	Lester, Rhodes	
45.22	Davis, Albury	Mar-25
	Dale, Lester	

WOMEN'S 4x200-METER RELAY

PSU: 1:33.09 - Jones, McGee, Howell, Seymour, (2014)

1:35.36	Dale, Albury	Apr-28
	Lester, Holmberg	

WOMEN'S 4x400-METER RELAY

PSU: 3:27.69 - Blake, Barber, Cox, Simmons, (2008)

3:37.59	Lester, Rhodes	Apr-29
	Davis, Rivers	

3:40.86	Davis, Rhodes	May-14
	Lester, Bull	

3:41.44	Lester, Rhodes	Apr-8
	Bull, Rivers	

3:43.61	Lester, Davis	Apr-27
	Bull, DeCecco	

3:52.06	Davis, DeCecco	Apr-8
	Skerpon, Holmberg	

WOMEN'S 4x800-METER RELAY

PSU: 8:25.49 - Gerlach, Kocjancic, Banks, Rivers, (2017)

8:25.49	Gerlach, Kocjancic	Apr-29
	Banks, Rivers	

8:38.17	Sheva, Kocjancic	Apr-1
	Bull, Rivers	

WOMEN'S SPRINT MEDLEY RELAY

PSU: 3:47.90 - Barber, Blake, Cox, Simmons, (2007)

3:56.43	Davis, Costa	Apr-28
	Bull, Kocjancic	

WOMEN'S DISTANCE MEDLEY RELAY

PSU: 10:56.07 - Gerlach, Rhodes, Banks, Rivers, (2017)

10:56.07	Gerlach, Rhodes	Apr-27
	Banks, Rivers	

WOMEN'S HIGH JUMP

PSU: 6-0 (1.83) - Shelley Mitchell, (1992)

Heptathlon: 5-10 (1.78) - Brittney Howell, (2014)

5'-11.50" (1.82)	Megan McCloskey	Apr-8
5'-4.50" (1.64)	Madeline Holmberg#	Apr-21

WOMEN'S POLE VAULT

PSU: 13-5.25 (4.10) - Hannah Mulhern, (2017)

13'-5.25" (4.10)	Hannah Mulhern	May-25
13'-4.50" (4.08)	Lexi Masterson	Apr-21
12'-7.50" (3.85)	Megan Fry	Apr-15
12'-2.75" (3.73)	Kasey Kemp	May-12

WOMEN'S LONG JUMP

PSU: 21-6 (6.55) - Chi-Chi Aduba, (2004)

Heptathlon: 21-0.50 (6.42)^w - Gayle Hunter, (2009)

20'-4.25" (6.20) -0.3	Madeline Holmberg	Apr-27
19'-8.00" (5.99) +0.7	Kaitlyn Lopez	May-13
19'-6.75" (5.96) +0.7	Dannielle Gibson	May-13
18'-10" (5.74) +0.0	Kelsey Vieira	May-13
16'-6.50" (5.04) +2.3	Olivia Giambra	Mar-25

WOMEN'S TRIPLE JUMP

PSU: 44-6.75 (13.58) - Chi-Chi Aduba, (2004)

45'-1.75" (13.76) +6.0	Dannielle Gibson	May-14
42'-9.25" (13.04) +2.4	Kaitlyn Lopez	Apr-21
40'-8.75" (12.41) +5.6	Kelsey Vieira	May-14
38'-4.25" (11.69) +5.2	Olivia Giambra	May-14

WOMEN'S SHOT PUT

PSU: 56-3.25 (17.15) - Rachel Fatherly, (2015)

Heptathlon: 42-6.25 (12.96) - Madeline Holmberg, (2017)

53'-11" (16.43)	Obeng Marfo	May-14
53'-5.75" (16.30)	Alyssa Robinson	Mar-25
42'-6.25" (12.96)	Madeline Holmberg#	May-12

WOMEN'S DISCUS

PSU: 185-1 (56.42) - Deshaya Williams, (2003)

170'-2" (51.87)	Obeng Marfo	May-13
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WOMEN'S HAMMER

PSU: 219-1 (66.75) - Jen Leatherman, (2006)

187'-6.00" (57.15)	Alyssa Robinson	Apr-21
183'-6.00" (55.94)	Obeng Marfo	Mar-24

WOMEN'S JAVELIN

PSU: 178-6 (54.41) - Laura Loht, (2014)

Heptathlon: 126-5 (38.53) - Gayle Hunter, (2008)

159'-9.00" (48.70)	Stephanie Sievers	Apr-8
147'-2.00" (44.86)	Kayla Zoschg	May-14
135'-7.00" (41.34)	Rosemary Campbell	Apr-22
115'-2.00" (35.11)	Madeline Holmberg	May-5

WOMEN'S HEPTATHLON

PSU: 5,797 - Gayle Hunter, (2009)

5,636	Madeline Holmberg	Apr-22
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KEY -
BOLD - School Record; # - Mark from Multi-Events; * - Flat to bank conversion, UNA - Unattached



TRACK & FIELD

2017 Penn State Men's Outdoor Performance List

MEN'S 100-METER

PSU: 10.32 - Xavier Smith, (2017)
Decathlon: 10.99 - Rob Cardina, (2014)

10.10 +4.8	Xavier Smith	May-14
10.22 +4.8	Karson Kowalchuk	May-14
10.26 +4.8	Malik Moffett	May-14
10.65 +0.5	Dan Chisena	Apr-21
10.67 +0.5	Anton Porter	Apr-21
10.98 -1.1	Darien Williams (UNA)	Apr-15
11.10 -1.1	Tristan Daman (UNA)	Apr-15
11.23 +2.4	Luke Rarig#	Apr-21

MEN'S 200-METERS

PSU: 20.23 - Michael Timpson, (1986)

19.87 +5.7	Malik Moffett	May-14
20.23 +5.7	Xavier Smith	May-14
21.04 +1.4	Karson Kowalchuk	Jul-7
21.56 +0.0	Dan Chisena	Apr-8
22.06 -1.5	Darien Williams (UNA)	Apr-15
22.08 +2.3	Anton Porter	Apr-15
22.10 +0.4	Tyreek Mathis	Mar-25
22.25 +1.8	Peter Hughey	Apr-22
22.28 -1.5	Tristan Daman (UNA)	Apr-15
22.65 -1.1	Lamont Higgins	Apr-15
23.05 +0.3	Robert Cardina	Mar-25
23.92 -3.1	Luke Rarig	Apr-15

MEN'S 400-METERS

PSU: 45.20 - Mike Sands, (1975)
Decathlon: 47.65 - Brian Kelley, (1991)

46.16	Dan Chisena	May-14
46.93	Tyreek Mathis	May-13
48.31	Lamont Higgins	May-5
48.52	Peter Hughey	May-13
48.76	Samuel Reiser	Apr-21
52.70	Luke Rarig#	Apr-21

MEN'S 800-METERS

PSU: 1:44.53 - Isaiah Harris, (2017)

1:44.53	Isaiah Harris	Jun-25
1:47.29	Domenic Perretta	Apr-21
1:50.01	Billy McDevitt	Apr-21
1:50.04	Jordan Makins	Mar-31
1:51.89	Colin Abert	May-5
1:53.28	Bobby Hill	May-5
1:53.33	Jaxson Hoey	Apr-21
1:53.51	Joseph Phifer	Apr-8
1:53.75	Brad Rivera	May-5
1:54.28	Joey Logue	May-5
1:56.39	Brad Rivera	Apr-22

MEN'S 1,500-METERS

PSU: 3:38.82 - Brannon Kidder, (2014)
Decathlon: 4:21.05 Tom Kleban, (1989)

3:46.47	Domenic Perretta	Apr-14
3:47.21	Colin Abert	Apr-14
3:49.34	Timothy McGowan	Apr-14
3:50.06	Isaiah Harris	Apr-8
3:50.08	Jaxson Hoey	Apr-14
3:50.78	Jordan Makins	Apr-14
3:51.57	Bobby Hill	Apr-22
3:56.19	Brandon Tubby	Apr-8
4:00.24	John McGowan	Mar-25
5:00.79	Luke Rarig#	Apr-22

MEN'S 5,000 METERS

PSU: 13:34.0 - Greg Fredericks, (1972)

13:54.20	Timothy McGowan	Apr-22
14:18.03	John McGowan	Apr-27
14:48.81	Brandon Tubby	Apr-14
15:05.78	Brady Bobbitt	Apr-14

MEN'S 10,000 METERS

PSU: 28:08.0 - Greg Fredericks, (1972)

29:38.64	Timothy McGowan	May-12
29:49.15	John McGowan	May-12

MEN'S 110-METER HURDLES

PSU: 13.56 - Guy Rose, 2001
Decathlon: 14.45 - Rick Kleban, 1987

14.94 +1.9	Luke Rarig#	Apr-22
14.96 +2.0	Robert Cardina	Apr-8

MEN'S 400-METER HURDLES

PSU: 48.69 - Mike Shine, (1976)

53.91	David Marrington	Apr-28
57.37	Riley Gaibler	Apr-22

MEN'S 4X100-METER RELAY

PSU: 39.08 - Kowalchuk, Chisena, Smith, Moffett, (2017)

39.08	Kowalchuk, Chisena Smith, Moffett	May-27
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MEN'S 4X200-METER RELAY

PSU: 1:23.75 - Smith, Chisena, Moffett, Porter, (2016)

1:23.08	Kowalchuk, Moffett Porter, Reiser	Apr-29
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1:25.08	Kowalchuk, Moffett Porter, Mathis	Apr-28
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MEN'S 4x400-METER RELAY

PSU: 3:01.52 - Nadolsky, Br. Bennett-Green, Loxsom, Gehret, (2012)

3:03.48	Chisena, Smith Mathis, Harris	May-27
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3:08.63	Chisena, Smith Mathis, Reiser	Apr-28
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MEN'S 4x800-METER RELAY

PSU: 7:11.17 - Watson, Shisler, Mills, Moore, (1985)

7:18.70	Hill, Perretta Makins, Harris	Apr-1
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7:20.54	McDevitt, Makins Perretta, Harris	Apr-29
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MEN'S SPRINT MEDLEY RELAY

PSU: 3:17.10 - Nadolsky, Gehret, Loxsom, Foster, (2007)

3:17.40	Smith, Moffett Chisena, Harris	Apr-28
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MEN'S DISTANCE MEDLEY RELAY

PSU: 9:24.68 - Kidder, Bennett-Green, Loxsom, Creese, (2013)

9:42.91	Perretta, Hughey Makins, Abert	Apr-28
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MEN'S 4xMile-RELAY

PSU: 16:18.5 - Rapp, Snyder, Wyatt, Mangan, (1979)

16:37.70	McGowan, Hoey Hill, Abert	Apr-29
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MEN'S HIGH JUMP

PSU: 7-3.25 (2.22) - Coney, (1985)/Hendershot, (2013)
Decathlon: 7-0.25 (2.14) - Rob Cardina, (2014)

6'-9.00"	(2.06) Devin Bradham	May-5
6'-7.50"	(2.02) Austin Campbell	May-14
6'-3.25"	(1.91) Spencer Hay (UNA)	May-5
5'-8.75"	(1.75) Luke Rarig#	Apr-21

MEN'S POLE VAULT

PSU: 17-5.5 (5.32) - John Vellenoweth, (2009)
Decathlon: 16-2.5 (4.94) - Rick Kleban, (1985)

16'-2.75"	(4.95) Patrick Anderson	Apr-28
11'-9.75"	(3.60) Luke Rarig#	Apr-22

MEN'S LONG JUMP

PSU: 26-3 (8.00) - Malik Moffett, (2017)
Decathlon: 23-7.25 (7.19) - Dave Masgay, (1987)

26'-3.00"	(8.00) +0.9 Malik Moffett	May-13
23'-3.25"	(7.09) +0.0 Bryce Williams	Mar-25
22'-11.25"	(6.99) -2.3 Robert Cardina	Apr-15
22'-3.75"	(6.80) +2.1 Luke Rarig#	Apr-21

MEN'S TRIPLE JUMP

PSU: 54-6 (16.61) - Antonio Davis, (1993)

52'-0"	(15.85) +5.3 Bryce Williams	Apr-29
47'-11"	(14.60) +0.0 Darian Alston	Mar-25
47'-9"	(14.55) -0.3 Kobren Frederick	Mar-25

MEN'S SHOT PUT

PSU: 69-2 (21.08) - Joe Kovacs, (2012)
Decathlon: 48-9.50 (14.87) - Barry Walsh, (1989)

62'-9.25"	(19.13) Jon Yohman	May-26
59'-2"	(18.03) Luke Grodeska (UNA)	May-5
57'-5.50"	(17.51) David Lucas	Mar-25
56'-10.75"	(17.34) Morgan Shigo	May-13
55'-3.75"	(16.86) Ben Peterson (UNA)	Apr-15
44'-10.25"	(13.67) Robert Cardina	Apr-15
36'-9.50"	(11.21) Luke Rarig	May-5

MEN'S DISCUS

PSU: 207-5 (63.22) - Brian Milne, (1992)
Decathlon: 155-3 (47.32) - James Cook, (1997)

201'-6"	(61.43) David Lucas	Apr-29
169'-10"	(51.77) Jon Yohman	May-14
148'-1"	(45.15) Robert Cardina	Apr-8
122'-7"	(37.37) Luke Rarig	May-5

MEN'S HAMMER

PSU: 222-11 (67.94) - Morgan Shigo, (2017)

222'-11"	(67.94) Morgan Shigo	May-12
208'-2"	(63.44) David Lucas	May-12
207'-1"	(63.11) Kory Decesaris	May-25
191'-9"	(58.45) Luke Grodeska (UNA)	Apr-15
149'-11"	(45.70) Ben Peterson (UNA)	Apr-15

MEN'S JAVELIN

PSU: 262-2 (79.91) - Michael Shuey, (2017)
Decathlon: 206-2 (62.83) - Shawn Colligan, (2008)

262'-2"	(79.91) Michael Shuey	Jul-9
235'-7"	(71.81) Michael Biddle	May-12
232'-0"	(70.71) Ryan Kerr	Jun-7
200'-11"	(61.24) Matt Nawrocki	Apr-29
193'-9"	(59.06) Robert Cardina	Mar-24
175'-4"	(53.44) Alex McCord	May-5
174'-1"	(53.06) Luke Rarig	Apr-14

MEN'S DECATHLON

PSU: 7,685 - Rick Kleban, (1985)

6,068	Luke Rarig	May-13
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All-Time Women's Top 10 Outdoor Performances

100-Meter Dash

1	11.21	Connie Moore	2004
2	11.27	Shavon Greaves	2010
3	11.29	Mahagony Jones	2014
4	11.56	Kamilah Salaam	2004
5	11.58	Keianna Albury	2017
6	11.63 (11.57w)	Aleesha Barber	2008
7	11.68	Vivian Riddick	1983
8	11.68 (11.60w)	Kirsten Nieuwendam	2012
9	11.70	Sara Shoaff	2006
10	11.72	Caitlin DeFusco	2010

200-Meter Dash

1	22.45	Connie Moore	2004
2	22.90 (22.68w)	Mahagony Jones	2014
3	23.07	Shavon Greaves	2010
4	23.15 (22.92w)	Shana Cox	2008
5	23.33	Keianna Albury	2017
6	23.47	Kirsten Nieuwendam	2012
7	23.61	Kamilah Salaam	2004
8	23.66	Kiah Seymour	2014
9	23.70	Sara Shoaff	2005
10	23.81 (23.56w)	Gayle Hunter	2008

400-Meter Dash

1	50.84	Shana Cox	2008
2	52.15	Dominique Blake	2008
3	52.51	Fawn Dorr	2010
4	53.14	Dynasty McGee	2014
5	53.17	Ije Iheoma	2012
6	53.65	Tichina Rhodes	2015
7	53.74	Laila Brock	1998
8	53.74	Janice Carter	1988
9	53.80	Tammie Hart	1981
10	54.15	Shavon Greaves	2010

800-Meter Run

1	2:02.53	Danae Rivers	2017
2	2:03.09	Bekka Simko	2012
3	2:04.37	Tammie Hart	1985
4	2:04.72	Briene Simmons	2006
5	2:05.14	Rachel Banks	2017
6	2:05.66	Janice Carter	1985
7	2:05.69	Erica Bosler	1998
8	2:06.68	Terry Pioli	1981
9	2:06.80	Maura Ryan	2011
10	2:07.26	Judi Cassel	1995

1500-Meter Run

1	4:15.20	Marta Klebe	2014
2	4:16.33	Danae Rivers	2017
3	4:16.96	Doreen Startare	1993
4	4:17.40	Kim McGreevy	1997
5	4:17.54	Mary Rowe	1981
6	4:18.33	Bridget Franek	2010
7	4:19.83	Patty Murnane	1981
8	4:20.11	Bekka Simko	2012
9	4:20.40	Caitlin Lane	2010
10	4:21.10	Heather Carmichael	1980

5000 Meters

1	15:32.52	Kathy Mills	1978
2	15:46.08	Bridget Franek	2010
3	15:53.50	Paula Renzi	1985
4	15:58.79	Tori Gerlach	2015
5	16:01.59	Tessa Barrett	2017
6	16:04.24	Jillian Hunsberger	2017
7	16:05.46	Elizabeth Chikotas	2015
8	16:06.32	Kim Kelly	1993
9	16:08.74	Leigha Anderson	2014
10	16:09.38	Stacy Prey	1990

10,000 Meters

1	32:57.33	Kara Millhouse	2012
2	33:29.40	Jillian Hunsberger	2017
3	33:52.32	Leigha Anderson	2014
4	34:00.00	Natalie Updegrove	1983
5	34:02.52	Kim Kelly	1993
6	34:02.80	Kris Kelly	1993
7	34:05.28	Kathryn Munks	2017
8	34:09.00	Kelli Hunt	1993
9	34:20.10	Donna Fidler	1999
10	34:22.03	Tessa Barrett	2016

100 Hurdles

1	12.85	Aleesha Barber	2010
2	13.03	Evonne Britton	2014
3	13.35	Gayle Hunter	2009
4	13.36	Toyin Augustus	2001
5	13.45	Brittney Howell	2014
6	13.63	Queenie Dale	2016
7	13.70	Madeline Holmberg	2017
8	13.71	Shelley Black	2015
9	13.83	Kamilah Salaam	2006
10	13.83	Monique Walker	2006

400 Hurdles

1	55.57	Fawn Dorr	2010
2	55.88	Kiah Seymour	2014
3	57.00	Aleesha Barber	2007
4	57.32	Evonne Britton	2010
5	57.35	Megan Duncan	2011
6	57.88	Shelley Mitchell	1991
7	58.45	Tammie Hart	1982
8	58.60	Ernestine Marsh	1987
9	58.77	Kim Markel	2007
10	58.93	Doris Anyanwu	2012

3,000-Meter Steeplechase

1	9:32.35	Bridget Franek	2010
2	9:46.76	Tori Gerlach	2017
3	10:07.78	Molly Landreth	2003
4	10:07.86	Natalie Bower	2013
5	10:16.91	Tracey Brauksieck	2003
6	10:20.33	Lindsey Graybill	2012
7	10:20.76	Abbie Benson	2014
8	10:22.09	Greta Lindsey	2017
9	10:24.01	Claire Percival	2007
10	10:26.41	Nicole Lord	2010

4x100-Meter Relay

1	44.25	Fox, Shoaff, Moore Aduba	2003
2	44.38	Salaam, Aduba, Shoaff, Moore	2004
3	44.57	Greaves, DeFusco, Barber, Dorr	2010
4	44.64	Gibson, Jones, McGee, Seymour	2014
5	44.77	Dale, Albury, Lester, Rhodes	2017

4x400-Meter Relay

1	3:27.69	Blake, Barber, Hunter, Cox	2008
2	3:30.34	Barber, Greaves, Hunter, Dorr	2009
3	3:30.35	Anyanwu, Greaves, Iheoma, Duncan	2011
4	3:30.74	Barber, Greaves, Anyanwu, Dorr	2010
5	3:31.17	McGee, Jones, Rhodes, Seymour	2014

High Jump

1	6-0 (1.83)	Shelley Mitchell	1992
2	5-11.50 (1.82)	Megan McCloskey	2017
3	5-11.25 (1.81)	Pam Connell	1991
4	5-11.25 (1.81)	Ahmenah Richardson	2015
5	5-11 (NMC)	Antoinette O'Carroll	1987
6	5-10.75 (1.80)	Erika Morgan	2013
7	5-10.5 (1.79)	Karen Krawick	1980
8	5-10.5 (1.79)	Jenny Williams	1987
9	5-10.5 (1.79)	Leslie Lippincott	1991
10	5-10.5 (1.79)	Holly Jones	1992

NMC - No Metric Conversion

Pole Vault

1	13-5.25 (4.10)	Hannah Mulhern	2017
2	13-4.50 (4.08)	Lexi Masterson	2017
3	13-1.50 (4.00)	Sara Dougherty	2004
4	12-10.25 (3.92)	Kasey Kemp	2016
5	12-9.50 (3.90)	Jocelyn Witmer	2010
6	12-9.50 (3.90)	Erin Knabe	2014
7	12-8.25 (3.87)	Caitlin Fairbairn	2010
8	12-7.50 (3.85)	Megan Fry	2017
9	12-6.25 (3.82)	Amanda Palenchar	2012
10	12-5.5 (3.80)	Kelly Nesbit	2005

Long Jump

1	21-6 (6.55)	Chi-Chi Aduba	2004
2	21-4.75 (6.52)	Gayle Hunter	2008
3	20-10.75 (6.37)	Carmen Mann	1989
4	20-10.75 (6.37)	Shakeema Walker	1999
5	20-10.75 (6.37)	Brittney Howell	2014
6	20-5.25 (6.25)	Bianca Fung	2009
7	20-10.5 (6.36w)		
8	20-4.5 (6.21)	Vivian Riddick	1982
9	20-4.25 (6.20)	Monique Gillman	1997
10	20-4.25 (6.20)	Madeline Holmberg	2017
	20-3 (6.17)	Lena Bettis	2007

Triple Jump

1	44-6.75 (13.58)	Chi-Chi Aduba	2004
2	44-3 (13.48)	Shakeema Walker	1999
3	43-8 (13.31)	Dannielle Gibson	2016
4	43-1 (13.13)		
5	42-9.25 (13.04)	Carmen Mann	1990
6	42-3.50 (12.89)	Kaitlyn Lopez	2017
7	42-2.75 (12.87)	Tanaya Lloyd	2012
8	41-7 (12.67)	Marlene Ricketts	2014
9	41-2.50 (12.56)	Lena Bettis	2007
	41-2.50 (12.56)	Gayle Hunter	2007
	42-9.25 (13.04w)	Alicia Porro	1992

Shot Put

1	56-3.25 (17.15)	Rachel Fotherly	2015
2	55-4.75 (16.88)	Ja'Nai O'Connor	2004
3	55-0 (16.76)	Elaine Sobansky	1984
4	54-2 (16.51)	Alyssa Robinson	2016
5	53-11 (16.43)	Obeng Marfo	2017
6	53-8.25 (16.36)	Jennifer Leatherman	2006
7	52-6 (16.00)	Jane Swenson	2011
8	51-6.5 (15.71)	Melissa Kurzdorfer	2014
9	51-6.25 (15.70)	Deshaya Williams	2003
10	51-1.5 (15.58)	Emma Schmelzer	2009

Discus

1	185-1 (56.41)	Deshaya Williams	2001
2	173-4 (52.83)	Christen Clemson	2007
3	170-8 (52.03)	Obeng Marfo	2016
4	170-0 (51.82)	Jennifer Leatherman	2006
5	167-7 (51.08)	Elaine Sobansky	1984
6	167-4 (51.01)	Emma Schmelzer	2007
7	166-8 (50.82)	Melissa Kurzdorfer	2013
8	161-5 (49.21)	Rachel Fotherly	2014
9	157-6 (48.02)	Taylor McNally	2011
10	156-7 (47.72)	Lexi Benamati	2004

Hammer

1	219-1 (66.78)	Jennifer Leatherman	2006
2	207-10 (63.35)	Melissa Kurzdorfer	2012
3	197-3 (60.12)	Kate Johnston	2003
4	191-9 (58.44)	Rachel Fotherly	2015
5	191-2 (58.27)	Annjulie Vester	2015
6	190-10 (58.16)	Deshaya Williams	2003
7	187-6 (57.15)	Alyssa Robinson	2017
8	186-11 (56.97)	Helen Higgins	2007
9	183-6 (55.94)	Obeng Marfo	2017
10	178-3 (54.35)	Emma Schmelzer	2009

Javelin

1	178-6 (54.41)	Laura Loht	2014
2	178-4 (54.35)	Kim Hanslovan	2009
3	177-10 (54.02)	Lauren Kenney	2013
4	176-2 (53.70)	Karlee McQuillen	2008
5	169-3 (51.58)	Carrie Karabinos	1999
6	167-2 (50.96)	Heidi Nadeau	2007
7	167-1 (50.92)	Brianne Johnson	2001
8	159-9 (48.70)	Stephanie Sievers	2017
9	159-4 (48.56)	Ashley Colley	2002
10	156-3 (47.62)	Kristen Eash	2004

Heptathlon

1	5797	Gayle Hunter	2009
2	5706	Pam Connell	1991
3	5636	Madeline Holmberg	2017
4	5625	Brittney Howell	2014
5	5420	Carmen Mann	1990
6	5407	Shelley Mitchell	1992
7	5311	Carla Criste	1986
8	4941	Tal Ben-Artzi	2016
9	4919	Amber Strouse	2007
10	4917	Holly Jones	1992

All-Time Men's Top 10 Outdoor Performances

100-Meter Dash

1	10.32 (10.10w)	Xavier Smith	2017
2	10.34 (10.1 MT)	Mike Sands	1975
3	10.38 (10.22w)	Karson Kowalchuk	2017
4	10.42 (10.26w)	Malik Moffett	2017
5	10.44	Mike Shine	1976
6	10.46	Ryan Olkowski	2002
7	10.47	Michael Timpson	1987
8	10.49	Bob Brown	1961
9	10.50	Alex Langan	2006
10	10.54	Barney Ewell	1941
	10.54	Brian Littlejohn	1984

200-Meter Dash

1	20.23	Michael Timpson	1986
2	20.49 (19.87w)	Malik Moffett	2017
3	20.58	Mike Sands	1975
4	20.59	Ryan Olkowski	2002
5	20.62	Brady Gehret	2012
6	20.96 (20.23w)	Xavier Smith	2016
7	21.01	Ernie Terrell	2002
8	21.02	Barney Ewell	1942
	21.02	Art Pollard	1955
10	21.04	Karson Kowalchuk	2017

400-Meter Dash

1	45.20	Mike Sands	1975
2	45.22	Brady Gehret	2012
3	45.94	Brandon Bennett-Green	2012
4	46.12	Byron Robinson	2014
5	46.14	Paul Lankford	1980
6	46.16	Dan Chisena	2017
7	46.62	Ernie Terrell	2002
8	46.74	Mike Cadau	2009
9	46.91	Ben Karcz	2002
10	46.93	Tyreek Mathis	2017

800-Meter Run

1	1:44.53	Isaiah Harris	2017
2	1:45.28	Casimir Loxsom	2011
3	1:45.58	Brannon Kidder	2015
4	1:45.96	Randy Moore	1985
5	1:46.62	Ray Levitre	1987
6	1:46.78	Ryan Foster	2009
7	1:46.81	Chris Mills	1987
8	1:46.82	Ken Wynn	1983
9	1:46.85	Samuel Borchers	2011
10	1:47.29	Domenic Perretta	2017

1500-Meter Run

1	3:38.82	Brannon Kidder	2014
2	3:38.99	Steve Balkey	1987
3	3:39.02	Robby Creese	2015
4	3:39.25	Larry Mangan	1980
5	3:39.57	Ryan Foster	2011
6	3:42.08	Doug Walter	1990
7	3:42.12	David McMillan	1988
8	3:42.2	George Malley	1977
	3:42.2	Mike Wyatt	1977
10	3:42.54	Owen Dawson	2012

5000 Meters

1	13:34.0	Greg Fredericks	1972
2	13:36.3	Robert Snyder	1978
3	13:42.1	Alan Scharu	1980
4	13:50.54	Steve Brown	1989
5	13:52.4	Paul Stemmer	1977
6	13:53.2	George Malley	1976
7	13:54.20	Timothy McGowan	2017
8	13:55.0	Jeff Adkins	1982
9	13:56.1	Charlie Maguire	1974
10	13:57.1	Gary Gittings	1973

10,000 Meters

1	28:08.0	Greg Fredericks	1972
2	28:29.4	Charlie Maguire	1974
3	28:38.3	Eric Carter	1987
4	28:42.80	Paul Stemmer	1976
5	28:55.33	Kyle Dawson	2012
6	29:11.71	John Ziegler	1979
7	29:15.73	Tyler McCandless	2010
8	29:25.58	Mark Wimmer	1994
9	29:27.6	George Malley	1975
10	29:30.6	Alan Scharu	1980

110 Hurdles

1	13.56	Guy Rose	2001
2	13.69	Sancho Barrett	2015
3	13.73	Paul Lankford	1980
4	13.80	Michael Timpson	1988
5	13.87	Mike Shine	1976
6	13.96	Ron Jules	2008
7	14.06	John Whelan	1997
8	14.08	Sam Harris	1988
9	14.09	Brian Derby	2002
	14.09	Barry Robinson	1985

400 Hurdles

1	48.69	Mike Shine	1976
2	49.55	Paul Lankford	1981
3	49.72	Brian Derby	2003
4	50.10	Jaret Campisi	2005
5	50.49	Bill Austin	1978
6	50.54	Michael Timpson	1988
7	50.61	Barry Robinson	1985
8	50.67	Kevin Crapanuk	1992
9	50.75	Byron Robinson	2014
10	50.76	Brian Kelly	1993

3000-Meter Steeplechase

1	8:22.54	George Malley	1977
2	8:37.7	Rick Garcia	1983
3	8:40.4	Bruce Baden	1977
4	8:42.85	Eric Carter	1988
5	8:47.03	Larry Mangan	1980
6	8:48.1	Paul Mackley	1985
7	8:49.45	Brian Laird	1989
8	8:50.9	Jim Allahand	1972
9	8:51.84	Chris Foster	2005
10	8:53.71	Andy Scott	1991

4x100-Meter Relay

Kowalchuk, Chisena, Smith, Moffett	2017
Davis, Hackman, Shine, Sands	1975
Finkel, Singleton, Sands, Scott	1973
Smith, Chisena, Moffett, Porter	2016
Smith, Chisena, Moffett, Minnig	2016

4x400-Meter Relay

1	3:01.52	Nadolsky, Br. Bennett-Green, Loxsom, Gehret	2012
2	3:03.48	Chisena, Smith Mathis, Harris	2017
3	3:04.78	Nadolsky, Gilmore, Gehret, Br. Bennett-Green	2012
4	3:06.21	Gilmore, Shisler, Bennett-Green, Bennett-Green	2012
5	3:06.50	Br. Bennett-Green, Gehret Loxsom, Mpanduki	2012

High Jump

1	7-3.25 (2.22)	David Coney	1985
	7-3.25 (2.22)	Jon Hendershot	2013
3	7-3.00 (2.21)	Paul Souza	1983
4	7-2.50 (2.20)	Ryan Fritz	2007
5	7-2.25 (2.19)	Sean Reilly	2013
6	7-1.75 (2.18)	David Kriz	1995
7	7-0.50 (2.15)	Ryan Olkowski	1999
	7-0.50 (2.15)	Chisom Ifedi	2016
9	7-0.25 (2.14)	Nick Plack	2000
	7-0.25 (2.14)	Rob Cardina	2014

Pole Vault

1	17-5.5 (5.32)	John Vellenoweth	2009
2	17-5 (5.31)	Mason Ternay	1991
3	17-0 (5.18)	Dave Bollinger	2004
4	16-10 (5.13)	Rick Kleban	1985
5	16-8.75 (5.10)	Dylan Bilka	2014
6	16-7.25 (5.06)	Ron Campbell	1985
	16-7.25 (5.06)	Bradford Lawrence	2009
8	16-6.75 (5.05)	Kevin Dare	2001
	16-6.75 (5.05)	Nick Fegley	2003
10	16-6 (5.03)	Ken Stoffer	1983

Long Jump

1	26-3.00 (8.00)	Malik Moffett	2017
2	25-11 (7.90)	David Coney	1985
3	25-9.00 (7.86)	Rob Boulware	1986
	25-9.00 (7.86)	Steve Pina	1996
5	25-8.75 (7.84)	George Audu	1999
	25-8.75 (7.84)	John Gorham	1999
7	25-6.00 (7.77)	Antonio Davis	1993
8	25-2.75 (7.69)	Ryan Olkowski	2000
9	25-0.75 (7.64)	Chavous Nichols	2004
10	24-10.50 (7.58)	Al Bates	1928

Triple Jump

1	54-6.00 (16.61)	Antonio Davis	1993
2	54-3.75 (16.55)	Chavous Nichols	2004
3	53-4.50 (16.27)	Brian Leap	2016
4	53-1.50 (16.19)	Clarence Smith	2009
5	52-11.50 (16.14)	Steve Waitha	2014
	53-4.25 (16.26w)		
6	52-8.25 (16.06)	Ricardo Hall	1990
7	52-2.00 (15.90)	Bryce Williams	2017
8	51-8.50 (15.76)	Hanif Johnson	2011
9	51-1.00 (15.57)	Warren Rockwell	1966
10	50-7.00 (15.42)	Steve Pina	1995

Shot Put

1	69-2.00 (21.08)	Joe Kovacs	2012
2	68-5.25 (20.86)	Darrell Hill	2015
3	65-5.00 (19.94)	C.J. Hunter	1990
4	64-2.50 (19.57)	Blake Eaton	2010
5	64-0.25 (19.51)	Knut Hjeltne	1975
6	62-9.25 (19.13)	Jon Yohman	2017
7	61-11.75 (18.89)	Logan Caldwell	2012
8	61-3.25 (18.68)	Greg Reyner	1986
9	61-1.25 (18.62)	Phil Caraher	1990
10	59-7.00 (18.16)	Dane Miller	2004

Discus

1	207-5 (63.22)	Brian Milne	1992
2	201-10 (61.52)	Knut Hjeltne	1975
3	201-6 (61.43)	David Lucas	2017
4	186-9 (56.90)	Gary Wilkly	1979
5	186-3 (56.78)	Blake Eaton	2011
6	184-0 (56.08)	Joe Kovacs	2011
7	183-6 (55.93)	Will Barr	2012
8	182-2 (55.53)	Jon Yohman	2016
9	177-11 (54.23)	Dan Diaz	2003
10	176-10 (53.90)	Steve Meyers	2006

Hammer

1	222-11 (67.94)	Morgan Shigo	2017
2	218-6 (66.60)	Alvin Jackson	1976
3	208-2 (63.44)	David Lucas	2017
4	207-10 (63.35)	Will Barr	2013
5	207-1 (63.11)	Kory Decesaris	2017
6	203-0 (61.88)	Neal McNutt	1998
7	201-9 (61.50)	Joe Kovacs	2011
8	198-5 (60.49)	Tyler Hoffman	2008
9	197-0 (60.04)	Todd Shenk	1984
10	194-7 (59.30)	Cory Eck	2010

Javelin

1	262-2 (79.91)	Michael Shuey	2017
2	239-9 (73.09)	Allen Pettner	2007
3	237-1 (72.26)	Troy Burkholder	1997
4	235-7 (71.81)	Michael Biddle	2017
5	233-8 (71.22)	Carl Wolter	1996
6	233-4 (71.13)	Tanner Evak	2009
7	232-0 (70.71)	Ryan Kerr	2017
8	231-3 (70.48)	Brian Stumpf	2003
9	230-3 (70.19)	Matt Moyer	2004
10	227-8 (69.40)	Rob Austin	1995

Decathlon

1	7685	Rick Kleban	1985
2	7666	Rob Cardina	2014
3	7600	James Cook	1996
4	7588	Dave Masgay	1987
5	7472	Barry Walsh	1989
6	7424	J.T. Kurelich	2003
7	7415	Brian Kelley	1991
8	7361	Shawn Colligan	2008
9	7119	Anyu Uzoh	2012
10	7097	Chris Morrissey	2008